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Cold and Flu Season Has Returned

By Shawnee Arnett
Contributing Writer

It is that time of year again. Cold and flu season has begun, and already students are finding themselves coughing and sneezing, having body aches or developing fevers. With this in mind, it is best to be aware of how the cold and flu viruses spread, how to prevent them, and the major differences between cold symptoms and flu symptoms.

The common cold and the flu are both highly contagious viruses that attack the respiratory tract. According to the Center for Disease Control, both the common cold and the flu are usually spread when an infected person releases droplets into the air by talking, coughing, or sneezing. If these droplets are within 6 feet of another person, the person can inhale these droplets and become infected. The common cold and the flu can also be spread when these droplets are released onto a surface. If another person touches this surface and then touches his or her eyes, mouth, or nose, he or she may become infected as well.

"People touch their faces something ridiculous like 50 times a day. So if you touch a desk and the flu virus is on there and you touch your mouth or your nose, you're going to catch it and that gets into your system," said Terry Dadez, director of the University's Health and Wellness Center

Thus, it is important for people who have one of these viruses to stay home as much as possible to avoid infecting others, and it is also important for individuals to regularly wash hands and to disinfect surfaces to prevent the spreading of germs.

The common cold is generally caused by the rhinovirus and is followed by these symptoms: cough, sore throat, a stuffy and runny nose, and mild fatigue. According to WebMD, a cold starts when a virus attaches to the lining of someone's nose or throat, and then the immune system sends out white blood cells to attack the foreign invader. If one has had the same strand of cold before, the immune system quickly eradicates the virus. Most of the body's energy is focused on fighting the virus, which is the reason one feels tired and fatigued.

Sneezing releases germs and viruses into the air.

Photo courtesy of WikiCommons

Although the common cold is a virus, and therefore has no medicinal cure, cold medicines such as DayQuil or Mucinex can be taken throughout the duration of the illness to help relieve symptoms.

"If you think you've got a cold or the flu, especially the flu, stay home, just because so many people a year die from the flu. Colds, people have various reactions to. For both, it's more about symptom control. If you are clogged up, use a decongestant. If you have a cough, use a cough suppressant or an expectorant. If you're having fevers, use Tylenol, it's the most recommended [fever reducer]. No matter what you do, in five to seven days, you're going to be better or over it whether you take medicine or you don't," said Dadez.

The flu generally comes with similar cold symptoms, but on a more intense scale. Along with the strong possibility of coughing, sneezing, and a runny nose, the flu can leave the infected person with headaches, fevers, muscle aches, chest discomfort and extreme exhaustion. Flu symptoms are also known to develop abruptly, whereas symptoms of the common cold may gradually develop.

"A cold comes on gradually where you feel good and slowly begin to feel a bit worse and you're sneezing or something, but the flu, it's like you feel okay at 11, at 12 you start feeling bad, and by 1 you've got a fever. It's a very rapid onset, so that's one of the big differences that we see, and we can test for the flu. We can't test for colds," said Dadez.

If caught early enough, the flu can be treated with antiviral drugs such as Tamiflu or Relenza if taken within 48 hours of the onset of the illness. The flu is generally caused by types A, B, and C influenza, which are known to mutate frequently, particularly type A. This makes it all the more important for individuals to get their flu vaccinations every year, which not only protects against the flu, but ensures protection from any new mutations that could have developed after his or her last flu shot. It is also important to know that because of these mutations, it is impossible to develop a complete immunity to influenza.

With both the cold and flu viruses aggressively circling around this time of year, it is important for individuals to take measures to avoid spreading the viruses. For instance, it is best for infected people to stay at home, not only to prevent the spreading of germs to others, but also to get enough rest to help the immune system properly fight off the illness faster. Infected people should also take care not to cough or sneeze into his or her elbow if no tissue is available, toss all used tissues in the trash immediately after use, and disinfect his or her surroundings frequently. It is also best to avoid other people for a full 24 hours after a fever has subsided without the help of any fever reducing medications.

"[I] lay down and die…Then I wait to be resurrected a week later, climb out of my pile of tissues, and I'm good as new!" said Junior Sarah Nobles.

In order to hasten the recovery process, infected individuals should stay well hydrated, get enough sleep, eat healthy meals, and use a humidifier to help ease congestion. Those who are healthy should avoid those who are sick as much as possible, wash his or her hands frequently, carry around hand sanitizer, and avoid touching the face, eyes, nose, and mouth, in order to prevent the spreading of germs.

"You need to stay away from those sick people and overdose on vitamin C. Works every time," said Nobles.

It is also best for all individuals, whether sick or healthy, to disinfect frequently touched surfaces regularly, such as countertops, doorknobs, computer keyboards, or sink handles. With enough preventative action taken to avoid the spread of germs, this cold and flu season will hopefully be less miserable for students than the cold and flu season of past years.

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Campus News

Miss Black and Gold Pageant

By Sabia Simms
Contributing Writer

Alpha Phi Alpha Inc. of the Rho Xi Chapter presented seven contestants for the Miss Black and Gold pageant on Tuesday, Oct. 15. The SCC Student Boardrooms were filled with supporters. Everyone was excited to see who would get crowned.

The seven contestants worked hard preparing for this day. Their hard work showed in their performances. They impressed the judges along with everyone that came to support them.

As the girls prepared, you could tell by their faces that they were nervous but ready to get the show started.

"I am very nervous," said Sophomore Sherese, a contestant in the pageant, as she scrambled around gathering her belongings and getting her make up done.

Some of the contestants had never done anything like this before. This made everything new and exciting for them.

"I wasn't that involved on campus and this pageant helped me come out of my shell," said Senior Destinee Perez.

It was exciting to watch the girls get dolled up and prepared to perform. Mariah Moss, a former contestant, helped some of the girls get ready. The advice she gave to them was to"just have fun."

When the contestants came out, the crowd went wild with claps and screams for the girls. The opening dance showed their hard work.

The talent portion was what everyone was so anxious to see. The girls were able to show their skills and originality to the judges, which they worked hard to prepare for. There was singing, stepping and dancing. Each talent was different and creative.

"In order to get my dance right I had to practice, practice, practice because practice makes perfect," said Senior Chelsea Connelly.

The evening ware and impromptu portion was last. Every girl wore a beautiful, elegant dress. They were all stunning as they walked the stage.

The impromptu question is what made each contestant stand out. Most of them had the same answer, but it still showed their own, unique intelligence.

The awards ceremony was intense because everyone did well but only one girl could be crowned Miss Black and Gold. The winner was junior Brittany Greene. She will go on to attend districts in Jacksonville. Her competition will be girls who also won Miss Black and Gold at their schools. Districts were Saturday, Oct. 19.

Some of the Miss Black and Gold Contestants during the pageant

Photo Courtesy of Sabia Simms

THE LIONS' PRIDE

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World News

Bubonic Plague threat in Madagascar

By Jocelyne Hilary
Staff Writer

Many of us remember the Bubonic Plague from our history lessons as the epidemic that caused numerous deaths in Europe in the 14th century. With an estimated 25 million deaths, the Black Death was affiliated with wiping out at least 30 percent of Europe's population at the time. The plague was a major historical event, even to the point of shaping the economic development of 14th century Europe. With the eradication of the disease in the 17th century, many had thought that the plague had completely vanished and that the likelihood of its return was minimal.

However, to many people's surprise, the disease still thrives today in certain parts of the world, chief among them being less economically developed countries. Furthermore, due to the fact that the plague is prevalent among animals, the total eradication of this disease is impossible.

The latest country at risk of the reemergence of the Bubonic Plague is Madagascar. Madagascar has large rat populations in their incarceration facilities due to the unsanitary conditions. This promotes the spreading of the plague, as fleas from infected rats have been contaminating prisoners, guards, and visitors. In addition to this concern, the fact that rats can get in and out of these prisons means that not only are prisoners at risk of being infected, but locals too.

An artist rendering of a doctor during the Black Plague.
Photo from Wikicommons

The Bubonic Plague is a disease among rodents and can be spread by those bitten or infected by fleas. Rats are the predominant type of rodent that encourages the spreading of this disease. The disease arises from the bacterium Yersina Pestis, and although it isn't contagious from person to person, it can spread very quickly and can be fatal. The symptoms include fever, headache, chill and swollen lymph glands. It can be life threatening if untreated or treated too late.

In Madagascar, October is considered "plague season." The humidity that is ever present that month encourages the increase in number of fleas, consequently increasing the risk of infection. This year, however, is one of the worst cases, and Madagascar is at risk of facing an epidemic if the rate at which the disease is spreading is not eradicated or slowed down.

Last year alone, Madagascar had the world's highest record number of cases and deaths, with 60 killed and 256 cases plague positive cases.

The Red Cross has been in Madagascar since last year in order to help with the casualties and to also improve the sanitary conditions in their prisons. However, the problem hasn't been easy to solve. The organization discovered that one of the main prison facilities in Madagascar, Antanimora, found in the heart of the capital, has had a huge rat population infestation. Inmates have been infected due to this and the fact that the fleas these rats carry have contaminated the food, bedding and clothing the prisoners are exposed to. To make matters worse, guards, nurses, and visitors have also either been contaminated or been at risk of contamination.

In an attempt to reduce the rate of infection and stop an epidemic from occurring, antibiotics are being prescribed to those who have been diagnosed with early stages of the disease. However, one of the chief problems has been the lack of health facilities in the certain hospitals in parts of Madagascar. It has made treatment very tricky, as health care staff cannot adequately treat patients without the right resources or in the small hospitals.

The plague was dormant for up to 50 years. However, it has recently had outbreaks in many parts of Asia and Africa, Madagascar being one of the hot spots. With international organizations helping health care staff in local regions, hopefully the rate of spreading can be reduced significantly so that the chances of an epidemic can be reduced.

India survives Typhoon Phailin

By Jennifer Broom
Contributing Writer

Typhoon Phailin hit eastern India on Oct. 12, and it caused massive damage to homes and villages along the coast.

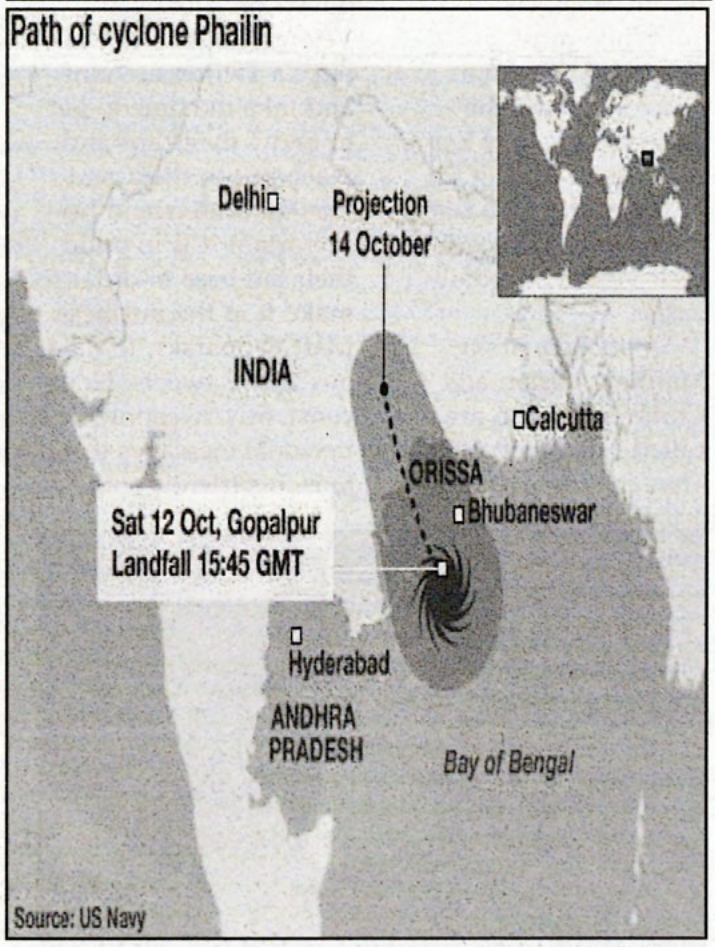
"The Times of India" reported that areas of Ganjam, Khurda, Puri and Jagatsinghpur districts of the Orissa state and the Srikakulam district of the Andhra Pradesh state were flooded by nine foot high storm surge.

Officials said that the typhoon and resulting floods damaged over 300,000 homes in over 16,000 villages. This storm was the most powerful to hit the area since 1999, which killed more than 10,000 people and destroyed many crops and livestock.

One million people were forced by government officials to evacuate their homes and spend the night gathered in shelters, schools, and other buildings during the massive storm.

Officials said this has been India's largest evacuation operation in history. Less than 30 people were killed by Typhoon Phailin, and most casualties were from the falling trees.

The people who were evacuated before the cyclone have eventually begun returning to their homes. Many others, however, still remain in temporary shelters because their villages and homes have been destroyed by the flood.



Arts & Entertainment

Undiscovered Artists and Youtube

By Trina Jorgensen
Contributing Writer

Jordan, Commisso, and Bednarsky performing.

Photo Courtesy of avradio.org

Social media has been speeding down the internet highway for the last decade.

The biggest and most widely used website is YouTube. A person can watch old cartoons from their childhood, catch last season's episode of "The Walking Dead," or, for unknown musicians trying to make it big, they can upload videos of themselves singing for the whole world to see.

The viewers can "like" the video and even leave comments which scan can be flattering or quite rude.

One of the best known YouTube artists to make it big is Justin Bieber. When Justin was a kid, his mother would upload his videos. Little did Justin know that the R&B artist Usher Raymond was keeping an eye on him, and later signed Justin to his record label.

While most musicians are not as lucky as Justin, the dream of one day being discovered lives in the hearts of the thousands of users who upload their videos on a daily basis.

Matt Bednarsky, Matthew Jordan and Chris Commisso are called The Piano Shack. They are three solo artists who are trying to make it big, and they use YouTube as a way to get their music to the masses. These artists not only post videos of their music but they also post video blogs and interact with their continually rising fan base.

All three also have songs on iTunes that can be downloaded for a nominal fee. They have also been featured as guests on American Veteran Radio. They all have a Twitter account and take the time to get to know their fans and reach out to them and they all understand how important it is to build their fan base in order to make it in the business. Matt Bednarsky, to date, has 25,997 tweets. He is constantly tweeting personal messages to fans, his friends and

Matt Bednarsky performing live.

Photo Courtesy of Trina Jorgensen

Matt Bednarsky

Matt Bednarsky is an "Old Soul," a cross between John Mayer and Jack Johnson. He features a lot of covers on his YouTube channel, but he also features his own music that he wrote himself. Most of his songs are just him and his guitar as he sings most of the live stuff acoustically.

"YouTube has allowed me to directly connect with fans and music lovers as well as become a part of an awesome community of artists. It has been the catalyst in much of the success and development in my music career. I really don't know where I'd be without it!" said Matt via Twitter.

People who enjoy listening to John Mayer will probably like Matt Bednarsky. The album *Fragments and Glimpses* according to the description is described as "a raw, acoustic demo album. The tracks cover a spectrum of topics, from life to death and the in-between, and range in presentation from the tongue-in-cheek to the heavy hearted struggle." All songs were written by Matt, and the album is FREE on www.noisetrade.com.

Matt recently performed in Pensacola Beach at a song writer's festival that was held from Oct. 1 to Oct. 6. He performed many of the songs from his album, but also many unreleased tracks.

Matt currently lives in Nashville, Tennessee and can be found on YouTube, Twitter, MySpace, Facebook and his own website simply by entering his name.

Matthew Jordan

Matthew Jordan is a rare jewel. He has that raw, raspy voice that most girls wish they could have singing them to sleep at night.

Matthew features covers of various artists, but has his own music as well.

Matthew is known for collaborating with other YouTube artists from across the U.S. He was featured in Perez Hilton's Cover Contest for the song "I Won't Give Up" originally sung by Jason Mraz.

His versions of popular songs are what set him apart from the other artists currently on the site. Matt lists himself as an independent artist but does have an indie label when he releases his music.

"YouTube has allowed my music to reach all corners of the globe in ways I never even imagined as an indie artist. Also, it has given me the incredible opportunity to meet and work with MEGA talents like The Piano Shack and Matt Bednarsky!" said Matt via Twitter.

Matt currently lives in Burbank, California and can be found on Twitter, Facebook, MySpace, YouTube and his own website.

Chris Commisso

Chris Commisso is one of those artists that always gives his fans something new, fun and fresh. None of his videos are ever the same, and his choice of musical covers varies from the Beach Boys to Miley Cyrus.

He almost always plays a piano, and his music videos are sure to make you laugh. Chris seems to have a great sense of humor that really shines through in his music. The songs feature a very heavy use of the piano, hence his nick name "The Piano Shack".

"I can't imagine my music reaching the eyes & ears it has without YouTube!" said Chris via Twitter.

Chris currently resides in Arizona and can be found on Facebook, Twitter, YouTube, MySpace and his own website by either entering his name.

Arts & Entertainment

Candy Crush

By Dexomia Livia
Contributing Writer

Candy Crush is an online game that started to hit the Saint Leo students few months ago. This game can be found on websites such as Facebook. This game has become so popular around campus that most students dedicate much of their time playing to increase their levels. When played from a site such as Facebook, one can immediately interact with his or her friends and play the game. Candy Crush is an addictive game, but what is it that makes it so addictive? Anthony Jannetta, senior at Saint Leo University and part of the soccer team, states, "That's the trend. Everybody's playing, so I want to play too. Easy game—anyone can play. [You] can share your score, compare [it with] your friends' [scores], [and you] want to beat your friends (a kind of competition). The system of life is well done—I think this is the most important thing. Five lives in a certain amount of time, then [you] have to wait 30 minutes to have another [life]. The fact that I can't play as long as I want makes me want to play more. I can't wait to play [to] have another life. The feeling of being proud when I pass a level [in which] I struggled." Candy Crush has gradually become more addictive, almost like a drug for the students at Saint Leo. Almost everybody has it—as Anthony Jannetta says, "It's a trend." If a person does not play, then it is a surprise because most people play it. To play, one must either log into their Facebook account then go to the Candy Crush app, or log in to the application if he or she has the application (this application can be installed in any Android or Apple devices). The game consists of touching a candy and swiping it with your finger. One must then try to match three candies of the same color to crush them. Next is to try to match four or five candies in different formations to generate special candies, then combine the special candies by switching them with each other for additional effects. People of all ages can start playing Candy Crush and become professionals. However, the down side of this entertaining game, is that if the person cannot control his or her addiction for this game, it will be hard to concentrate or give more time to more important things. The game is a blast to play; it literally makes everybody want to play more and more. If one runs out of lives, one can send a message to their Facebook friends asking for more lives, and one can do the opposite by giving them more lives. By doing this, the person can play more. Another interesting fact about this game is that the player is given a target number and every time it goes up to another level, it becomes harder and harder. This game challenges the person think critically on how to make their moves, and in the end the game shows who got the highest score. This online game is becoming popular every day; most students at Saint Leo University cannot stop playing it during their free time or while they are trying to do homework, or even when watching a soccer game. Candy Crush is fun, with easy instructions to play. This is possibly the reason why it has become such an addictive game. It seems that everyone loves it.

Runner Runner

By Jocelyne Hilary
Staff Writer

If you are looking for an action drama movie to watch, why not check out Runner Runner Starring Ben Affleck and Justin Timberlake?

The movie kicks off by introducing us to Richie (Timberlake), a bright young Ivy League graduate student from Princeton. Ambitious and particularly gifted at poker, Richie is able to win almost enough money at online poker to cover his tuition cost. Suddenly, to his dismay, he loses his winnings.

Infuriated Richie decides to investigate further as he believes that he has been robbed of the money he had earned. Unaware of the dangers related to the gambling world, the Princeton student decides to take drastic measures. He flies to Costa Rica in an attempt to confront the man who he believes is responsible for is misfortune at the table.

Ivan Block (Affleck) is the gambling mogul behind Richie's misfortune; he has also been under the surveillance of the FBI. Intrigued by Richie, Block introduces the unsuspecting student to a life of wealth and luxury. Block agrees to offer Richie millions of dollars a year if he agrees to assist him in his work.

However, things get a little complicated for Richie when he not only gets involved with Block's ex-girlfriend, but agrees to help the FBI too. The FBI kidnap Richie and threaten him in order to use him to convict Block for his crimes.

Ritchie is faced with a difficult decision: he could help the FBI or, the ruthless gambling mogul.

Despite the fact that the film stars A-listers Affleck and Timberlake, the film did not live up to its expectations. Although Affleck gave a good effort, it definitely was not one of his best, especially compared to his acclaimed performance in "Argo." Timberlake, who is usually regarded as one of the few singers with acting potential, gave a mediocre performance. This may have been due to the fact that he was acting alongside Affleck, who is a much better actor.

Although this film is not completely unwatchable, it's debatable whether it's worth paying to see it in theaters. This film is a thriller that failed to measure up to that.

The film had potential to be very good, but somewhere around 91 minutes, the film lost its catch. It felt as if the film was dragging on unnecessarily, and Ben Affleck's valiant effort was the only factor that saved this film from being a complete disaster.

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Halloween

Knowing Supernatural Beings

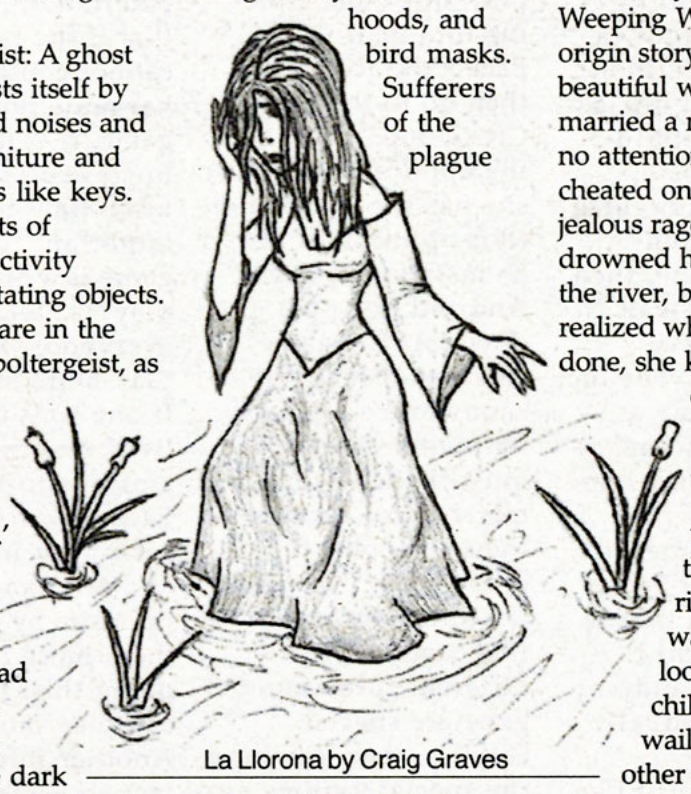
By Craig Graves
Contributing Writer

If you said there was only one kind of ghost haunting the earth, you'd be wrong. There are many different kinds of spirits roaming the world of the living. I shall share with you the basic information about a number of these so you will be able to determine if that misty woman in a white dress was a banshee, la llorona, or your run-of-the-mill ghost. Spirits and ghosts are not always considered human in nature and some are unconventional mythological beings.

Angel: Angels are supernatural beings whose origins are usually found in the Bible. However, according to a History Channel Documentary, there are ancient Sumerian texts which pre-date the book of Genesis and allude to the existence of angels. They are usually depicted as humans with large bird-like wings growing on their backs. It is commonly taught that angels are good spiritual beings that are meant to help people. Angels are classified in a hierarchy of seven levels: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim.

Banshee: A ghost from Irish folklore that is an omen for death if one hears the monster's high-pitched screaming. Banshees are usually female and can be seen as an old woman or as a younger maiden. Each Irish family was said to have a banshee to signal the death of relatives. If the family the banshee was with were good people, she would protect them. If one were to see a banshee, she would vanish as mist accompanied by the sounds of fluttering birds.

Poltergeist: A ghost that manifests itself by making loud noises and moving furniture and other objects like keys. Many reports of poltergeist activity include levitating objects. Such antics are in the nature of a poltergeist, as it is a German word meaning 'noisy ghost.' They are thought to haunt people instead of locations.



La Llorona by Craig Graves

Demon: Demons are dark spirits. In John Milton's *Paradise Lost*, demons arose from fallen angels, and they are commonly depicted as humans with horns, cloven feet, and bat-like wings growing on their backs. Ghosts described as 'shadow people' are usually thought of as being demons. An incubus is a male demon that rapes women while they sleep and a succubus is a female demon that rapes men. Ghouls are desert-dwelling demons in Arabic folklore. Dybbuks are Jewish demons and are usually trapped within ornately carved and engraved wooden boxes. Overall, there are many different demon myths and portrayals.

Reaper: The Grim Reaper is the embodiment of death in common culture. The figure originates during the early Renaissance while the Bubonic Plague was ravaging Europe. Plague doctors, who were commonly farmers, wore long, heavy black robes, hoods, and bird masks. Sufferers of the plague would think of death when they saw a doctor and the connection stuck with the age. Through the years, the images depicting this figure replaced the mask in favor of a shrouded face or a skull and gained a massive scythe that hints back to the farmers in their dark outfits working in the fields.

Wraith: 'Wraith' is a Scottish term for ghost. In their myths, wraiths are thought to be the ghosts of those, usually someone with magic powers, who try to cheat death or the established rules of nature. They are sometimes called 'imprinted ghosts' and thus haunt a location rather than a person. Today, the word 'wraith' is used to mean the ghost of a person that appears either before that person's death or afterwards and reveals itself as a shadowy figure.

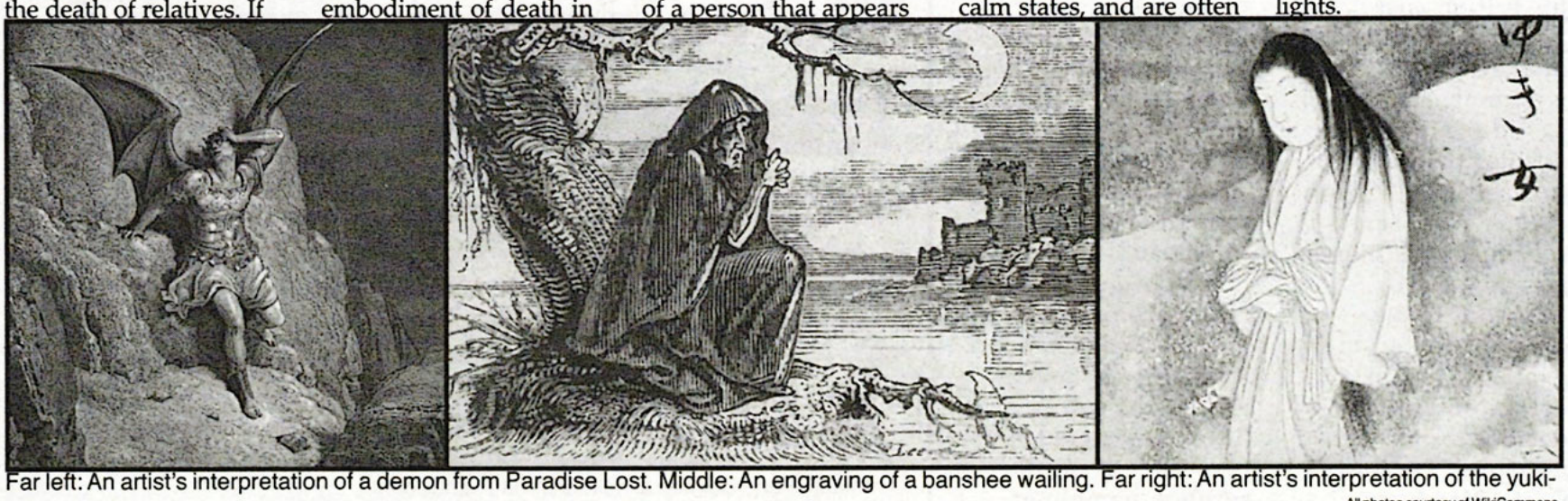
La Llorona: La Llorona is a Hispanic story of a ghost that is commonly called the Weeping Woman. Her origin story tells of a beautiful woman who married a man who paid no attention to her and cheated on her. In a jealous rage, she drowned her children in the river, but once she realized what she had done, she killed herself on the riverbank. At night, she is said to wander through the rivers and waterways looking for her children and wailing. There are other stories that say she steals children and drowns them so that they can be with her as replacements for the ones she lost.

Nature Spirits: There are many different kinds of nature spirits. Elves are tricky beings and live in forests. Leprechauns are more mischievous than elves; they take things, and horde gold. Nymphs are embodiments of nature and are often depicted in works of art as nude women in various sceneries. Fairies and pixies are usually depicted as tiny people with insect-like wings who sometimes steal humans into other realms.

Deva: Devas are spirits in the Hindu and Buddhist religions. These spirits are in relaxed, calm states, and are often associated with meditation and academic pursuits. According to some Buddhist teachings, during the cycle of reincarnation, a human could become a deva or a deva could become a human. There are those who believe that devas are like fairies and live inside wood and grant luck to those who knock on the wood in which the deva lives; this is where the phrase 'knock on wood' is thought to have come.

Yuki-onna: Yuki-onna is a Japanese female spirit who wanders through snowy areas. She is said not to have feet and was possibly the ghost of a woman who died in a snowstorm. She uses her beauty to lure people to their deaths in wintery storms.

Ghosts: More often than not, the average paranormal encounter is with the ghost of someone who lived where you are now living or the spirit of someone you knew. Human spirits, when seen as full-bodied apparitions, tend to float. Full-bodied ghosts tend to walk on the ground as if they were alive. Ghosts and spirits have various ways of showing themselves to you besides moving objects or knocking on the walls. Most of the time, you might just see a dark figure block out light or sudden battery drains in machines. On film, ghosts and spirits may appear as clouds of mist, misty human-shaped figures, transparent people, orbs, and swirling worm-like free-floating beams of lights.



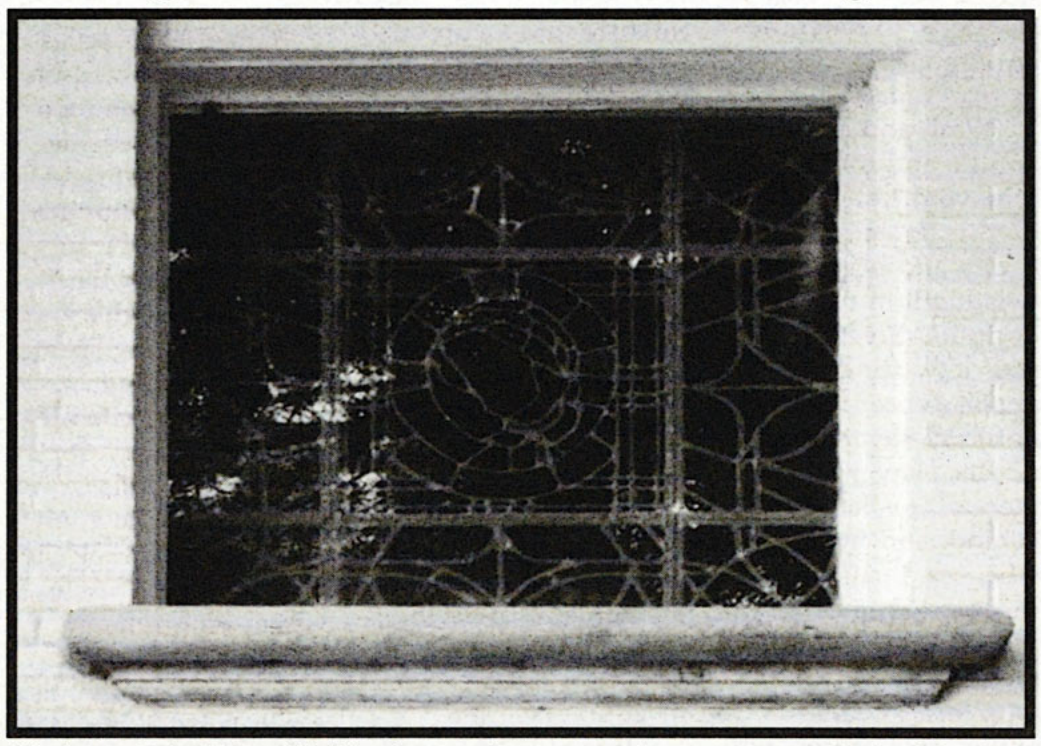
Far left: An artist's interpretation of a demon from Paradise Lost. Middle: An engraving of a banshee wailing. Far right: An artist's interpretation of the yuki-onna.

All photos courtesy of WikiCommons

Halloween

The Hauntings at the University

By Jessica Miller
Layout Editor



Window at Saint Edward Hall that is sometimes seen to have a person standing in it when the building is closed.
Photo taken by Jessica Miller

Creak! Whoosh! Slam! Boo!

The University is home to a diverse family of students and staff. However, the University is also home to many hauntings: true and not true; real and not real. Nobody can say for sure which hauntings are the "real deal," but these stories are a part of our history. The following are locations on campus that are considered to be haunted. It is up to the reader to make the decision whether or not to believe the stories connected to each place.

Marmion and Snyder:

This place is home to many first-year students, as well as some of the strangest happenings on campus. Ray "Ray Ray" Davis, the Security Dispatcher for Campus Security, has worked for the University for 37 years. Davis recalls the events that occurred during his night watches while working in the residence halls' front desk lounge.

Late one evening, Davis was on duty when …

"This lady came by and tapped me on the shoulder," said Davis.

Davis looked around the Lions' Den and hallways, but he couldn't find anyone.

"I would hear loud noises coming from the floor above me," said Alumna Jessyca Daniel, who used to be an R.A. in Marmion and Snyder. "Yet I would go up to check, and no one would be in that room."

These sounds of loud walking, furniture moving, and doors slamming are fairly common for the halls. One of the most common sightings is of the Blue Boy. The Blue Boy walks the hall of the Garden Level, giggling as he walks to the end of the hall before disappearing. There is no history about a young boy that has lived in the building, but who knows if some young child has found comfort and security among the young adults of the hall.

Other "non-paying" residents at Marimon and Snyder will knock on doors or whisper names to remind people that they are present.

"When I did my laundry early in the mornings, I sometimes heard my name being said," said Sophomore Craig Graves, who used to live in the building.

Most of the happenings are heard rather than seen.

However, the door to Room 100 is the exception. The door has been known to have a stain on it that resembles a woman. No one knows why that stain keeps appearing. Some guess that it is from a lack of air flow, which ends up creating mold or water to form the humanly shape. What is known is the door has been cleaned and replaced, but the stain always reappears.

Saint Edward Hall:

Saint Edward Hall has been through more changes in use of building than almost any other building on campus: from residence halls, classrooms, and now offices. The building comes with a wide variety of stories. Some hauntings are so famous that they actually made their way into the History or Hearsay portion of a textbook called *Lions, Leos, and Learnings: A History of Saint Leo University* by Jane M. Govoni, Mary Spoto, and Valerie Wright. An excerpt from the textbook reads: "Is it history or hearsay? Over the years, several students have reported seeing a lone figure crossing by a window on the third floor of Saint Edward Hall late at night. When they have entered the building or reported the sighting, no one was ever found."

The textbook goes on to say:

"It's hearsay. Over the years, this same mysterious figure has been spotted crossing the same windows on the third floor. Each time someone has investigated and no one has ever been found in the building."

The same figure is still seen to this day. Davis remembers checking in on this figure, but found no one in the building every time he searched. Other faculty members who have offices in the building say they sometimes hear doors shutting and someone loudly walking through the hallways after it has become nightfall,. The faculty members will open up their doors to find no one in the hallways. Once the door is shut again, the sounds continue.

"I never go in there," Davis jokes.

Many people on campus will not enter the building at night though – no matter how many times there has been nothing found in the hall.

Lewis Hall:

Davis retells the story of his watch: "I see the lights are on in the second and third floor of the building. I go up there to turn them off by taking the elevator. However, when I get up to the next floor, it is pitch dark. The lights are off."

Lewis Hall is known for the strange noises that take place in the building more than anything else. With clicking and banging noises being madeduring class times and at night, Lewis Hall offers its share of responses: "What was that?!"

Most noises cannot be explained, and when they are investigated into no one can find the cause or source.

Daniel A. Cannon Memorial Library:

Multiple students have experienced some oddities, all of which occurred at night, inside the Daniel A. Cannon Memorial Library. The hauntings that are commonly known either pertain to glowing objects or to sudden sleepiness. Here are two such stories:

"I use to work at the Library, and I would help to open in the mornings," said Jana Lot, an Alumna. "I proceeded to turn on all the lights. I started to walk back to the front desk, and then realized I forgot to turn on the upper level lights. When I went to turn on the lights I forgot, I saw that those switches were glowing,"

Other stories have popped up about glowing switches and lights in the campus library. However, there are more stories about students falling asleep suddenly. One of these stories is told by Junior Shannon Graepel:

"I was studying late up on the second floor in a study are. It must have been about one-in-the-morning. I was trying to read my textbook when I looked up into the glass reflection of a window. I saw a shadowy figure in the glass, and felt something tap my shoulder, and that is when I fell asleep."

All students who have reported this feeling would wake up within a few minutes and then leave swiftly to their rooms.

No matter what are hauntings and what are not, everyone can agree that strange things happen at the University. It is up to that person to decide what they believe.

Halloween

Candy Apple Crazy

By Wendy Legorete
Distribution Manager

They're sweet, they're easy, and they're a traditional favorite; indeed, candy apples are that one scrumptious autumn treat that never ceases to please the masses, (unlike those candy wax lips, with a reputation for being the Halloween version of fruit cake). Now, let me ask you: Trick or treat? Well, reader, aren't you fortunate—it's a treat! Here are some variations on that old favorite, but first we must start with a conventional recipe for a base:

The Usual (Basic Recipe):

10 small, crisp apples

10 wooden skewers

2 cups granulated sugar

1 cup light corn syrup

3/4 cup water

1 teaspoon red food coloring (optional)

Before preparation: Be cautious when working with sugar. You must watch your sugar while it cooks at all times. Sugar is a very temperamental substance, and if a melted sugar mixture is spilled, it is extremely difficult to clean up. If such a spill does occur, clean it up immediately with a thick, soaked, towel, making sure not to touch it with your bare skin. Burnt sugar is another devil entirely. If you accidentally end up burning the sugar mixture while it is still in the saucepan, bring it to the sink immediately and fill it will cold water. Leave it there until cool enough to attempt cleaning. Burnt sugar is almost entirely impossible to scrub up—it will stain, and most of the time it will not come up off of any surface, be it metal, glass, wood, or plastic. It has been known to ruin bake ware and the tops of stoves, so to reiterate: be careful.

To Prepare:

Wash and dry the apples, and then remove the stems. To do this, grasp the stem firmly and begin twisting it in the opposite direction that you're twisting the apple. Repeat this step until the stem breaks off. It's okay if a little piece of it is left behind, and in which case, use a pair of scissors to remove as much of the excess as possible. If working with fairly young apples, this process will be more difficult, but it will still work, provided you work with patience.

Once the apples are stemmed, stick the skewers halfway through the fruit, through the top of the apple. If desired, cut the skewers in advance to a more appropriate length. Set aside.

Line a baking sheet with aluminum foil, (or parchment paper, or wax paper) and coat it with nonstick cooking spray (if without cooking spray, butter or some kind of other oil will do the trick as well).

Combine the water, corn syrup, sugar, and red food coloring (if using,) in a medium saucepan over medium-high heat. Stir constantly until the sugar dissolves, and continue to cook, without stirring, until the mixture reaches 250°F. To prevent crystallization, occasionally wash down the sides of the pan with water, using a pastry brush (I didn't have a pastry brush at the time, so a squirt bottle was used instead, but it's not recommended). If you do not have a candy thermometer to check the temperature, there is an alternate method to test the sugar mixture:

After 20 minutes of cooking, drop small globule of the sugar mixture into a cup of cold water. A fork may be used to transfer the small sugar portion. If it stays in a little ball and is hard to the touch when you pull it out, then the candy is ready.

Remove the saucepan from the heat, and immediately stir the candy so that it is smooth and even. Hold an apple by the skewer and dip it in the candy, tilting the pan at an angle and rotating the apple to cover it completely with a smooth, even layer. Bring it out of the candy and twirl it to remove excess, then set it on the baking sheet to dry. Repeat with the remaining apples, and allow to cool at room temperature. If the mixture still in the pan begins to cool and harden during the dipping process, put it back on the burner at a low heat and stir until it becomes smooth and easy to work with again.

Now that there's a foundation to follow when making candy apples, it's time for some neat tricks that you can utilize to make your apples unconventional:

Poison Apples

To make a traditional candy apple look deadly, use a different color of food coloring. Traditionally, the indication that an apple is "poisonous" is that its color is a yellowish green, but it is possible to make it a dark purple, or even black (if manageable)--and it's not just the color that can make an apple "poisonous—" different flavors can surprise partakers as well. For green poison apples, you can add lemon juice (to taste) to the traditional candy apple recipe. It is also possible to add a little fun to a party by making mystery flavors for guests to try their luck.

Slimed-On Apples

To make slimed-on apples, use green food coloring in the recipe above instead of red, but instead of dipping the entire apple into the mixture, set the apple aside on the prepared baking sheet. Take a whisk and accumulate a little bit of the mixture on it. Holding the whisk directly over the apple, start gently flicking the candy onto the apple. Repeat with remaining apples. The aftermath should look as though some giant insect got skewered over them.

Speaking of insects...

Wormy Apples

For this variation, keep steps one through three of the original recipe, but forego the aforementioned ingredients for the caramel, and instead use the chocolate of your choice. Some gummy worms are also required.

Melt about 8 or 12 ounces of chocolate in a double boiler, stirring until smooth. If you don't have a double boiler, just fill a medium saucepan a quarter to a half way full with water, and heat it up. Place a slightly smaller saucepan with the chocolate in it into the medium saucepan.

Once the chocolate is melted, complete step five of the basic recipe.

When the chocolate apple is cool enough to be soft to the touch, get an apple corer and shove it about an inch or two into various places in the apple, making little holes.

Now start stuffing individual gummy worms into individual holes, making sure that at least half of the body is sticking out. To make this process a little easier, push the worms in with a spare skewer or toothpick.

Allow the chocolate on the apples to harden completely. Be aware that this tends to be a messy treat, so have a plate handy.

Caramel Apple Bites

All that is needed is pre-made caramel, two or three green (or red, depending on your tastes) apples, and some pretzel sticks.

Wash, dry, and core apples. Chop apples into bite-sized pieces. Place on a prepared baking sheet of greased parchment paper.

Taking a small spoon, dribble little globs of caramel on the apple pieces.

Using one pretzel stick per individual apple piece, gently push pretzel sticks into the white part of the apples.

Ta-da; enjoy!

Pumpkin Candy Apples

What's Halloween without pumpkins? I'll tell you: it's not.

Using red apples, complete all the steps of the basic candy apple recipe, but use a blend of red and yellow food coloring to make the candy orange, and add a teaspoon of cinnamon or cinnamon flavoring.

While the finished apples are cooling at room temperature, make a separate batch of green candy, and using a whisk start dripping the candy onto the top of the apples.

Allow to cool completely at room temperature before eating.

Have a Happy (and deliciously decadent) Halloween!

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